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Winnipeg metro

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STITCH ME UP, TATTOO WOMAN
metroLIFE

Celebrity barber and former Winnipegger Scott Ramos was in the city Wednesday giving haircuts at Blacklist Clothing & Apparel on Albert Street with all proceeds going to help St. Amant Centre. Carter Chen was one of dozens who stopped by to get one of Ramos's famous fades. Cee Lo Green and Bruno Mars have sat in Ramos's chair. SHANE GIBSON/METRO

Crime rate holding

HOMICIDES

Police explain strange math

Shane Gibson
Metro | Winnipeg

Winnipeg's violent crime rate dropped three per cent last year and our overall crime rate nudged up slightly by one point, according to numbers released Wednesday from police.

But what had Winnipeggers talking wasn't so much the numbers in the Winnipeg Police Service 2014 Annual Statistical Report, but how they were calculated.

The report shows police had a 100 per cent clearance rate for homicides in 2014, but three of last year's 25 homicides — including the high-profile killing of Tina Fontaine — remain unsolved.

Winnipeg Police Superintendent Danny Smyth explained police statisticians use reporting rules set out by Statistics Canada, which take the number of cases cleared in a calendar year and divide it by the number of homicides in a year. That means if a homicide from a previous year is solved in another year, its clearance is counted for the year the charges are laid.

He said three cold cases were cleared in 2014, leading to the somewhat confusing stats.

"The statistical world is sort of clear as mud," he said. "We need to try to clarify these (things) … so people aren't confused by the numbers."

Crime stats released by Statistics Canada put Winnipeg's violent crime rate as the third highest in Canada behind Thunder Bay at No. 1 and Saskatoon at No. 2.

More of the figures, Page 4

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metro NEWS

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Former News of the World editor Andy Coulson faces $234,000 US bill in phone hacking trial costs

TODAY'S FRINGE FESTIVAL PICKS

Metro Winnipeg and CBC Manitoba present a selection of reviews

The 11 O'Clock Number

Grindstone Theatre promises an improvised musical about your life. What they deliver is a guffaw-inducing, genre-hopping, zinger-laden mess of fabulous foolishness in four and sometimes five part harmony.

The troupe bounds onto the stage, hypes up the audience and gets someone to tell a brief story about him/herself. They then spin it into a 60-minute musical with playful backing from the lighting booth and Erik Mortimer on the keyboard. Yeah, there are a few fumbles and dropped balls but the team is so bloody charming about it all, that they generate bigger laughs than the intended joke. There are many strengths here: these guys recognize a good gag and know how to thread it through a show and — best of all — they quip like pistols. This team could be a little more cohesive and communicate a little better but with such a deep bench of talent to draw from I am confident that will come. Go see them now before they get so big they sell out and prompt all those hot, sticky pre-show line ups.

KATIE NICHOLSON

Hitler's L'il Abomination

I was not won over by the title and originally not meant to review the show, but I'm so glad I got to see it.

Her father is a Jewish Holocaust survivor, her mother was in the Hitler Youth. Annette Roman takes her time and guides us through her life, her family, and her history. Roman is a fantastic storyteller, weaving effortlessly between memories and emotions. She lulls us with humour, pain and haunting awe. This is a master class in storytelling. I can't wait to see it again. BRADLEY SAWATZKY

Shirley Gnome: Real Mature

Fringe do: check the content warnings in the Fringe program. Fringe don't: bring your teenager daughter to Shirley Gnome's outrageously raunchy show, as one family apparently did recently. (And yes, they walked out.)

Dressed in her tiny pink cowboy hat and blue boots, you don't really see Shirley Gnome coming. But then, wham! There she is with a series of sweetly catchy country tunes about glittery privates, weird sex dreams, and the bleaching of non-sunshiny places. There's scarcely a facet of human sexual relations Gnome doesn't seem able to turn into a hilarious song. Gnome is frank, completely uninhibited, and a smart comedian. Most of the songs score big laughs, but a couple fall flat. And the hour-long show felt it was running out of steam by the time the kazoo came out. If jokes about anal sex, oral sex, geriatric sex, paid sex (do I need to go on here?) don't float your boat, avoid. Otherwise, Shirley Gnome may not always be totally mature — but she's funny as hell.

JOFF SCHMIDT

FIND MORE REVIEWS AT CBC.CA/MANITOBA/FEATURES/FRINGE

POLICE DIVERS SEARCH PONDS FOR THELMA KRULL The Winnipeg police dive unit searched bodies of water Wednesday near where Thelma Krull was last seen, as the search for the missing woman hit its twelfth day. Krull, 57, seemingly disappeared after leaving her Harbourview South neighbourhood home for a walk on the morning of July 11. The dive unit searched a retention pond in Kilcona Park before moving on to another nearby pond on Springfield Road just west of Lagimodière Boulevard. Police said there wasn't a specific tip that led to the water searches. SHANE GIBSON/METRO

Trudeau visits, takes shot at federal deficit

POLITICS

Budget office: Feds on track for $1-billion deficit

Liberal Leader Justin Trudeau says an economic forecast shows the Conservative government has failed to protect the economy and help Canadians.

Trudeau is on a campaign-style swing through Winnipeg and says the Conservatives have been unable to run a surplus except for one they inherited from the Liberal government a decade ago. A new analysis by the parliamentary budget office says the government is on track to run a $1-billion deficit this year — not the $1.4-billion surplus predicted in the spring budget.

The report also says revenues will be lower than expected in coming years.

Trudeau says he remains committed to his promises to reshape the income tax system and to give out more child-benefit payments.

Trudeau says he will release a fully costed election platform that will take into account what he calls the new realities of the economy. THE CANADIAN PRESS

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BY THE NUMBERS

Winnipeg crime

According to the Winnipeg Police Service 2014 Annual Statistical Report, crime rates in the city remain relatively steady, rising one per cent last year but still eight per cent lower than the five-year average. Here are a few of the numbers from the report that jumped out to us.

SHANE GIBSON METRO

#1

Domestic disturbances are the most frequent reason people call Winnipeg police, with 14,895 calls reported last year. Well-being calls came in second at 11,543, and disturbance calls rounded off the top three with 7,991.

20%

Aggravated assaults were up 20 per cent last year, climbing to 134 from the 112 reported in 2013. Assaults with a weapon were down four per cent, and assaults on police dropped 20 per cent.

2,228

Theft from vehicles rose five per cent to 2,228 last year from the 2,131 reported in 2013. Overall property crimes — which include things like home break-ins and arson — were up four per cent.

The number of reported sex crimes rose nearly nine per cent to 764 in 2014 from 702 in 2013. Aggravated sexual assaults jumped from two to six, while aggravated sexual assaults with a weapon fell to eight from 24 in 2013.

8.8%

Photo-radar enforcement kept police 15 per cent busier last year than in 2013. In 2014, 128,820 tickets were handed out to drivers caught speeding by red-light cameras and mobile photo radar compared to the 111,108 tickets doled out in 2013.

15%

IN BRIEF

Forks riverwalk opens after cleanup

The Forks riverwalk is all cleaned up and once again open to the public.

Parks Canada announced it has finished cleaning up the portion of the riverwalk that runs along The Forks, and has reopened it to walkers.

A contractor was hired to remove sediment and debris that was deposited on the riverwalk during high-water periods this spring, and nearly 95 cubic metres of material was removed. METRO

Millionaire gets the good news at the lake

Wendy Smith-Peden's weekend at the lake got a whole lot better when she dropped by the store and found out she is now a millionaire.

The Winnipeg woman discovered she won a $1-million Maxmillions prize on the July 10 Lotto Max draw.

"I normally check numbers on my phone," said Smith-Peden in a statement. "But this time, I didn't want to go through all of the numbers for the extra draws. So, I went to the store and asked the clerk to check it." METRO

Police recover body from Red River

Winnipeg police pulled a body from the Red River on Wednesday.

Police said they originally got reports of a body in the Red River near the Provencher Bridge on July 14, but they weren't able to locate the body.

On Wednesday a report of a body in the Red River by the Alexander Docks came in and police did locate the dead man.

The incident is not considered suspicious. METRO

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NE073Z115

Lovitz brings laughs to the 'Peg

BACKSTAGE PASS

SNL guy ditches script for standup

Jared Story
Metro | Winnipeg

Jon Lovitz knows a thing or two about "Acting!"

Lovitz, 58, is best known for his five-year stint on Saturday Night Live (1985 to 1990), which produced such characters as The Pathological Liar, Annoying Man and Master Thespian.

Since SNL, Lovitz has been a film and TV regular, including work as a cast member in the fifth season of NewsRadio and as the voice of movie critic Jay Sherman on The Simpsons and The Critic.

But, in 2003, the master thespian decided to ditch the script, starting his standup comedy career at The Laugh Factory in Los Angeles.

"I wanted to do standup years ago," Lovitz says. "Right after college, a guy teaching this standup workshop told me they weren't hiring standups for sitcoms. He was wrong, but I didn't know. I believed him.

"After I got Saturday Night Live, Dennis Miller would always say, 'You could be a standup' and he'd take me to clubs, but I was so nervous and I didn't know what I was doing. Dana Carvey would say the same thing and then I met Robin Williams and Eddie Murphy and they said I could do it, too, but I was just so nervous."

Not only did Lovitz conquer his standup stage fright, he got into the comedy club business. The Jon Lovitz Comedy Club opened in 2009 in Universal Studios Hollywood before closing in the fall of last year.

Unafraid to try new things, Lovitz appeared on Sing Your Face Off, a reality singing series which aired on ABC last summer. The show saw Lovitz impersonating such vocalists as Elton John, Luciano Pavarotti, Meat Loaf, Billy Idol and his favourite, The Big O.

"I thought I did Roy Orbison the best," Lovitz says.

"I remember hearing him sing at Saturday Night Live and it was just incredible. In person, his voice was more astonishing."

Lovitz's rendition of Oh, Pretty Woman was spot-on but his Billy Idol was funnier, as he had a hard time standing up at the end of Rebel Yell.

"That was funny. I wasn't trying to fall down. My pants (tight leather ones), I couldn't straighten my knees out," Lovitz says.

Jon Lovitz is at Rumor's Restaurant & Comedy Club tonight through Sunday, but all the performances are sold out.

"After I got Saturday Night Live, Dennis Miller would always say 'You could be a standup' and he'd take me to clubs, but I was so nervous." Jon Lovitz

Saturday Night Live alumnus Jon Lovitz is bringing his standup act to Rumor's. CONTRIBUTED

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Transit Union encourages bus riders to speak up

PUBLIC TRANSPORTATION

ATU hopes data will help improve service levels

Dave Baxter
Metro | Winnipeg

The Amalgamated Transit Union (ATU) wants to know what will make transit service in Winnipeg better and is now going straight to bus riders to find out.

ATU is currently running radio ads asking people to call and let them know what could be done to enhance Winnipeg Transit.

"We are committed to our riders and we want to see improvements to service," said ATU president John Callahan.

"What we want to do is gather comments so we have data to back up what we have been saying, because we know service needs to improve."

"We are committed to our riders and we want to see improvements to service."
ATU president John Callahan

The radio ads only recently came out, but Callahan said the union has been collecting data for about a year.

"The two biggest complaints are frequency of buses and service on evenings and weekends," said Callahan.

The plan is to take data to the city in the fall to see how the union and city can work together to make improvements.

"This is all about getting local data right from the grassroots," said Callahan. "This is about what the people want to see, because we don't just want the union to say it; we want the riders to say it."

Yadwinder Singh rides the bus regularly and said there are too many areas in the city where poor bus service makes it hard for riders to get around.

"There are lots of neighbourhoods in Winnipeg that don't have good service," said Singh. "People near the edge of town can't get buses, especially on weekends or late nights, so I know those are the places where riders are struggling."

Sundays are always a difficult day to catch a bus without a long wait, Singh added.

Singh said he has been looking to move from his Pembina Highway home, but many of the places he has considered just don't have good enough bus service for him to make the move.

"Drivers are too easy about letting people on that seem drunk or belligerent, but I think they let them on because they are scared of what will happen if they don't.

"When that happens, nobody feels safe on the bus."

Callahan said the union hopes to present data to Winnipeg city council sometime in September.

"We hope the city will work with us," said Callahan. "And if that doesn't work, we will move forward using other means."

Yadwinder Singh says transit service in Winnipeg needs to improve in neighbourhoods on the edge of town as well as during evenings and weekends. DAVE BAXTER/METRO

SURVEY

Making service better

Metro asked some of the city's transit-system riders what improvements they would like to see to improve overall service. DAVE BAXTER/METRO

"I'm not happy with the transfers now that we only get an hour and 15 minutes. Depending on where you are going, that might not be enough time." *- Joanna Findlay*

"I find it's very convenient during the week, but I don't like the Sunday schedules. They are quite reduced on Sundays." *- Sylvia Flan*

"They need to make Sunday schedules the same as Saturday schedule. On Sunday, there aren't enough buses, and in the winter you wait 45 minutes." *- Rafie A.*

"I think there needs to be more protected shelters at bus stops. Shelters help a lot when it's cold." *- Shahzad Yousaf*

"Service is not always good. Sometimes buses are coming late or not at the right times, so you wait." *- Ida Maquiling*

"Service is much better now because you can use 311 to schedule. You can time everything now, so it's so much better." *- Ranny Meiklejohn*

"I don't find the times posted at the stops are accurate. And sometimes the buses are on time and other times they are late, so I never know when to expect a bus." *- Tammy Calbert*

TRANSIT FACTS GETTING TO KNOW WINNIPEG'S SYSTEM

More than 130,000 people ride Winnipeg's buses every day. The city runs a total of 585 buses — with each bus typically lasting 18 years. Here are some other fun facts about our city's public transportation system:

1,560
Winnipeg Transit employs about 1,560 people, including 1,100 bus drivers.

5,170
There are approximately 5,170 bus stops set up throughout the city.

870
Despite the high number of bus stops, there are only 870 bus shelters. Of those, 122 are heated.

29M
The city's buses travel more than 29 million kilometres per year, with the average bus travelling approximately 50,000 kilometres a year.

$500K
Winnipeg Transit purchases about 32 new buses every year at a cost of $500,000 each.

STATS COURTESY WINNIPEGTRANSIT.COM

NOVA SCOTIA

LGBTQ families invited to foster

Nova Scotia is reaching out to the LGBTQ community through a social media campaign to encourage them to become foster parents.

The campaign will run during this month's Pride celebrations and end on July 26.

"Our hope is to encourage responsible adults in non-traditional families to consider becoming a foster parent," Community Services minister Joanne Bernard said in a statement.

"We hope that same-sex couples and others will be encouraged by this campaign to find out more."

The Community Services department says Nova Scotia has about 800 children living with foster families, and like other parts of North America, have experienced a decline in the number of foster families in the past five years.

They are also specifically focusing efforts on members of the African Nova Scotian and Mi'kmaq communities, which they've done in the past.

METRO HALIFAX

LGBTQ couples are being encouraged by the province to become foster parents. JEFF HARPER/METRO HALIFAX

Feds on track to run $1B budget shortfall: PBO

BANK OF CANADA

Projections cast doubt on promise to balance books

The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16, casting doubt on the governing Conservatives' promise to balance the election-year books, says a new analysis by the parliamentary budget office.

The results of the calculations, based on the downgraded projection released last week by the central bank, also trim the government's expected surpluses over the next two years.

The bleaker fiscal outlook, released Wednesday, surfaces as political parties are pitching economic policies to voters ahead of the October election.

In its April budget, the Harper government predicted a string of surpluses, starting with $1.4 billion for this election year. The government forecast surpluses of $1.7 billion in 2016-17 and $2.6 billion in 2017-18.

But the budget office projects the government producing a $1-billion shortfall in 2015-16 followed by smaller surpluses of $600 million and $2.2 billion over the next two years.

Their calculations used fresh projections by the Bank of Canada, which last week lowered its outlook for economic growth in 2015 to 1.1 per cent, down from 1.9 per cent earlier this year.

Canada's economy has been struggling, leading some to state it has slipped into recession. It contracted in the first quarter of the year at an annualized rate of 0.6 per cent — in large part due to the steep drop in oil prices and the failure of other sectors to pick up the slack.

That number registered well below the federal budget's projection that real gross domestic product would grow by 1.2 per cent over the first three months of 2015.

The budget office factored in positive offsets that have appeared since the release of the spring budget: lower interest rates and higher gross domestic product inflation. Their projections also use up the government's $1-billion annual reserve set aside for contingencies.

The analysis was produced by the independent office following requests by NDP MP Nathan Cullen and Liberal MP Scott Brison. Both their parties were quick to jump on the results.

Despite months of poor economic data, the Harper government says it remains confident it will run a surplus this year.

THE CANADIAN PRESS

Bank of Canada Governor Stephen Poloz holds a news conference in Ottawa on July 15, 2015. The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16. ADRIAN WYLD/THE CANADIAN PRESS

> **Their economic record is in tatters. They've failed to be fiscally responsible.**
> Liberal MP Scott Brison

IN BRIEF

Canada has nearly wiped out transmission of HIV from moms to babies

Canada has virtually eliminated the incidence of mothers passing HIV to their infants at birth, primarily because of high rates of prenatal testing and ready access to drug treatment that subdues the infection, researchers say.

In 2014, there was only one case of mother-to-child HIV transmission in Canada, continuing a decade-long downward trend.

THE CANADIAN PRESS

Couple with 30 feline friends removed from Quebec City home

Firefighters wearing special equipment have removed a man and a woman from their Quebec City home after finding about 30 cats in the residence.

They say excrement and urine stains were visible in the dwelling and that there was also a strong concentration of ammonia.

The residents, who are believed to be in their 50s, were taken to hospital on Tuesday to undergo health tests. THE CANADIAN PRESS

ASSISTED DEATH

Panel won't dictate legislation: MacKay

Panellists tasked with consulting Canadians on the highly controversial issue of doctor-assisted death won't dictate the government's response to the Supreme Court's ruling on the matter, Justice Minister Peter MacKay says.

The government has been accused of creating a biased panel since two of its three members are outspoken opponents of allowing Canadians to seek medical help to end their lives.

But MacKay, who is not seeking re-election, said Wednesday it's important to remember who holds the decision-making power.

"Ultimately, it is the executive branch of the country that will make these important decisions on legislation that I believe, and this is my view, are necessary to fill what is quite a gap now in our Criminal Code as a result of the Carter decision," MacKay said in Halifax.

MacKay said the panellists will consult with a "broad array of participants" before reporting back to the government in late fall — after the Oct. 19 election. It has been asked to recommend options for how the government should respond to the Supreme Court's ruling last February, which struck down the prohibition on physician-assisted suicide.

Justice Minister Peter MacKay THE CANADIAN PRESS FILE

"But let's not forget at the end of that process, whoever that justice minister and health minister may be, whatever government may be, those are just recommendations," MacKay said.

The British Columbia Civil Liberties Association has expressed concern that two of the three panelists were federal witnesses opposed to medical aid in dying when the case was before the top court.

MacKay denied the panel composition was designed to predetermine an outcome, although he acknowledged that the decision left him personally troubled.

THE CANADIAN PRESS

Video not edited: Officials

LAW ENFORCEMENT

Driver on tape later died in jail cell from alleged suicide

Authorities in the U.S. say a patrol-car video showing the arrest of black motorist, who was later found dead in a jail cell, was not edited or manipulated.

The death of 28-year-old Sandra Bland, three days after she was arrested by a white law-enforcement officer during a heated confrontation over a minor traffic infraction, is the latest case to cast national attention on the interactions between police and minorities in the United States.

Officials say Bland hanged herself with a plastic garbage bag in her jail cell, a contention her family and supporters dispute. The video doesn't reveal what happened while she was in custody, but it depicts an emotional exchange in which the officer tried to drag Bland from her car, drew his stun gun and threatened her. The case has resonated on social media, with posts questioning the official account of the events.

DeWayne Charleston speaks at a Waller County Commissioners Court meeting about the jail cell death of Sandra Bland in Hempstead, Texas, on Wednesday. PAT SULLIVAN/THE ASSOCIATED PRESS

The video posted by the Texas Department of Public Safety Tuesday shows the trooper stopping Bland for failure to signal a lane change. The conversation turns hostile when

> **I will light you up.**
> Brian Encinia, state trooper, to the now-deceased woman

the officer asks Bland to put out her cigarette and she asks why she can't smoke in her own car. The trooper then orders Bland to get out of the vehicle. When she refuses, the officer pulls what appears to be a weapon and says, "I will light you up."

Out of the camera's view, Bland continues protesting her arrest, repeatedly using expletives and calling the officer a "pussy." At one point, she screams that he's about to break her wrists and complains that he knocked her head into the ground.

The video has drawn criticism for gaps and overlaps, but the Texas Department of Public Safety insisted Wednesday that it had not been doctored.

DPS spokesman Tom Vinger said that glitches in the recording occurred when it was uploaded for public viewing.

In an affidavit released Tuesday, the trooper, Brian Encinia, said he used force "to subdue Bland to the ground," and she continued to fight back. He also said Bland swung her elbows at him and kicked him in his right shin.

Encinia has been placed on administrative leave.

Bland was taken to a jail about 100 kilometres northwest of Houston on July 10 and found dead July 13.

THE ASSOCIATED PRESS

GLOBAL HEALTH

MERS quelled: S. Korea

MERS-CoV (Middle East respiratory syndrome coronavirus) has claimed the lives of 36 people worldwide, while the South Korean government has told foreign diplomats the outbreak in the nation is effectively over.

The World Health Organization (WHO) reported the figure of 36 dead Wednesday, along with 186 people in the Republic of Korea and one person in China as having contracted the disease.

The South Korean government said no new MERS cases have been reported in more than two weeks and that it is now safe for travel.

The outbreak led thousands of tourists to cancel visits to South Korea, and Korean Air Lines Co Ltd. as well as Asiana Airlines Inc. whittled down their flight schedules. The companies said Tuesday they will resume normal operations early next month.

MERS-CoV is a strain of coronavirus that causes a viral respiratory illness called MERS. The disease was first reported in Saudi Arabia in September 2012, WHO said. METRO CANADA

CURRENCIES

Loonie falls to 2004 low

The Canadian dollar dropped to levels Wednesday not seen in more than a decade as the price of oil and gold both came under pressure.

The loonie was down 0.53 of a cent to 76.70 cents US. That's the lowest level since Sept. 1, 2004.

The dollar has been on a downward slide since last summer, when the price of oil started to weaken.

Oil prices dropped below the $50 US mark in trading Wednesday, settling at $49.19 US, while gold lost $12 US to fall to $1,091.50 US an ounce.

Compounding the loonie weakness was a decision by the Bank of Canada to cut its key interest rate last week. The central bank's overnight rate target stands at 0.5 per cent.

THE CANADIAN PRESS

Greece gets more cash

ECONOMY

Extra liquidity means people can continue to access funds

Demonstrators stand in front of a banner reading No to Euro during an anti-austerity rally outside the Greek Parliament in Athens on Wednesday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Greece's liquidity-starved banks got a new cash injection from the European Central Bank on Wednesday, hours before a key vote in parliament on further economic reforms demanded by international creditors in return for a third bailout.

A European banking official told The Associated Press the ECB decided to increase emergency liquidity to Greek banks by 900 million euros ($980 million US) — the second such cash injection in just under a week.

Fearing a run by depositors flocking to take their savings out of Greek banks, the government imposed capital controls more than three weeks ago, restricting daily withdrawals to 60 euros ($65 US) per account holder. Extra ECB liquidity means that Greek banks will still be able to hand out cash.

Prime Minister Alexis Tsipras' radical left-led government is facing its second crunch test in parliament in a week. Failure to pass the economic measures could undermine his coalition and trigger fresh fears over the country's future in the shared euro currency.

The vote on changes to Greece's judicial and banking sectors is one of the requirements that European creditors have insisted upon in order for negotiations on a third bailout for Greece to begin.

After losing the support of a large chunk of his own party's lawmakers during a vote last week on a creditor-demanded austerity measures, Tsipras has to rely on support from pro-European opposition parties to pass measures.

Negotiations with creditors are expected to start soon after the vote.

THE ASSOCIATED PRESS

IN BRIEF

BlackBerry buying crisis alert messaging firm

BlackBerry Ltd. has signed a deal to buy California-based software company AtHoc, which develops emergency alert systems for government agencies, military bodies, and other organizations.

BlackBerry said the AtHoc platform will be integrated with its enterprise portfolio. AtHoc helps organizations and people to connect and share information in times of crisis. Its clients include the U.S. departments of defence and homeland security. THE ASSOCIATED PRESS

market minute

DOLLAR 76.70¢ (-0.53¢)

TSX 14,307.12 (-69.12)

OIL $49.19 US (-$1.67)

GOLD $1,091.50 US (-$12)

NATURAL GAS: $2.897 US (+1.5¢)
DOW JONES: 17,851.04 (-68.25)

Ikea offers wall anchors after chests tip over killing two boys

After Ikea chests tipped over and fatally injured two boys, safety regulators say consumers should stop using Ikea's dressers and chests for children unless the products are mounted to a wall.

The Swedish furniture giant is offering a free kit to help consumers do that. The kit will be available to consumers who bought 27 million chests and dressers above specific heights, including seven million of Ikea's Malm chests. Both the company and the U.S. Consumer Product Safety Commission say the furniture should be kept away from children unless it is anchored to a wall.

Ikea and the CPSC say two boys, both around two years old, were killed in 2014 after Malm chests that had not been secured to walls tipped over and fell on them. The agency and Ikea say they have received 14 reports of Malm chests tipping over, resulting in four injuries. Ikea is aware of three other deaths reported from other models of chests and drawers that tipped over. Those deaths were described as happening since 1989.

They say consumers shouldn't use Ikea children's chests and drawers taller than 23 1/2 inches and adult chests and drawers taller than 29 1/2 inches unless they are securely anchored to the wall.

Ikea and the CPSC said a two-year-old boy in West Chester, Pennsylvania, was fatally pinned against his bed in February 2014 after a Malm 6-drawer chest fell on him, and a 23-month old boy from Snohomish, Washington, died after being trapped beneath a three-drawer Malm chest when it tipped over.

The Malm chests in the repair program have been sold since 2002, and they cost $80 US to $200 US. Ikea says its products are safe when assembled according to instructions.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, July 23, 2015

URBAN ETIQUETTE: ELLEN VANSTONE ON TIPPING

THE QUESTION

I'm from Australia and don't understand your tipping ways up here. In the interests of fitting in, what do I need to know about tipping in Canada?

Dear Ellen,

I'm from Australia and I don't understand your tipping ways up here. Maybe because our minimum wage Down Under is higher than it is here? Anyways, in the interests of fitting in, what do I need to know about tipping in Canada?

— Skippy

Dear Skippy-and-I-know-that's-not-your-real-name,

No doubt you have heard of the World Wide Web, where I have just learned that your native land's minimum wage is an ultra-civilized $17.29 per hour, and where you could just as easily find out that standard tipping practice in North America is 15 to 20 per cent for serving staff, taxi drivers (except Uber, which includes the tip in the price), hairdressers and the like. So you don't need me to tell you the amount you should leave.

However, since you seem to want some advice, and since I love giving it, why don't I lecture you on the custom of tipping and how to approach it with the proper attitude?

The first thing you need to know is that tipping is an arcane, wildly-open-to-abuse, anti-democratic custom. It's supposed to reward people who provide good service and punish people who do not.

But that cold plate of congealed pasta your server just inflicted on you may or may not have been said server's fault: Maybe the drunk bastard cook in the kitchen forgot about it for 20 minutes or the manipulative cow who "manages" the restaurant assigned too many servers to one section, and not enough to your section. Or maybe a selfish, irresponsible server called in sick for like the 10th time this month and your server is now working a double shift, even though she is exhausted and has an exam the next day...

Those few coins will make a difference to the person who relies on tips in a country where the minimum wage is universally disgraceful.

I'm speaking theoretically, of course, and am not referring in any way to the various subpar establishments at which I slaved during my student days.

The point is, workers should be paid properly and not expected to rely on the kindness of strangers.

That being said, and as long as the vile custom of tipping continues, and as long as you yourself are gainfully employed, I encourage you to tip generously.

There is nothing more cringe-making than the spectre of a fully grown, well paid adult sitting at a table in a nice restaurant, or hunched in the back of a cab, madly deducting the tax and working out a 15 per cent tip to the penny while the "servant" meekly awaits a dollop of largesse. Ugh, it's like being caught in a really boring time-warp episode of Downton Abbey. Just round up the amount to the nearest dollar! Or even the nearest multiple of five if you can afford it.

You will never miss the extra toonie or two, but those few coins actually will make a difference to a person who relies on tips in a country where the minimum wage is universally disgraceful (ranging from $10.20 in Saskatchewan to $12.50 in the Northwest Territories).

What's more, studies show that generosity makes you happier and healthier. It's a win-win, Skippy. Welcome to our stingy shores. And please do feel free to send me a cash tip for the excellent service I have just provided.

Need advice?
Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Howard's 'game' is narcissism, misogyny and delusion

Luke Howard, a self-styled pickup artist, stalks women in Ottawa's streets.

He calls himself a "Dr." and hypnotist who helps men with social anxiety talk to women in the daytime, without the aid of booze. He secretly records his attempts to get phone numbers on video.

In the wake of online backlash — via the hashtag #CorneredInOttawa, which women use to share stories about him on Twitter and Tumblr— Howard has taken the videos down and issued a limp mea culpa. He wrote, word for word, "I have started conversations with hundreds of women in public places and if as few felt uncomfortable then you are genuinely and truly sorry."

The media, as it must, has taken his man-hero routine somewhat seriously. And I'll grant that it's not wrong, on face, to help others improve their social skills.

But let's get this straight: Everything about Howard is wrong.

He's lied. He said 99.9 per cent of women like his advances. So far, 24 women have complained about the way he approached them on the street, say #CorneredInOttawa organizers. At least one has filed a police report. Layla, 33, didn't want to give her last name for fear she'd be trolled online.

"Giving a woman a compliment in the street is not harassment," Howard wrote. But Layla said Howard told her she looks like Tracy Chapman (she does not) and that he's "always had a thing for Tracy Chapman, I've always wanted to f—k Tracy Chapman" before he referenced jerking off.

Howard said he doesn't corner women, but Layla told me every time she took a step, he took a step. She felt trapped and afraid to get aggressive.

Howard is ineffective. Some women say they spoke nicely to him, hoping he'd go away. Layla made up a fake boyfriend. Some gave him their phone number so he'd leave them alone, and then never responded to calls or text messages.

He's making it harder for others to have non-creepy encounters. "He's the exact reason why women don't like being approached in the daytime, and might miss out on actually normal dudes," Layla told me. "My guard goes up just from a guy asking an innocuous question."

Finally, Howard said he's "always been about love and connection and bringing people closer together." But we all know picking up is just about sex, a highly unlikely outcome of his methods.

So, guys, do not take notes. Howard's "daygame" has no game, just narcissism, misogyny and delusion.

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PHILOSOPHER CAT
by Jason Logan

metro LIFE
Your essential daily news

Those social media icons of expression, Emoji, are the star of an upcoming film

Turkish tattoo artist Eva Karabudak is known worldwide for her cross stitch designs. CONTRIBUTED

Stitchin' tattoos

EMBROIDERY ON SKIN

Even grandma would approve of these tats

Emily Laurence
Metro in New York

Maybe it's because of Etsy. Maybe it's because of those NSFW cross stitch pillows taking over Pinterest. Whatever the reason, cross stitch tattoos are having a moment.

Eva Karabudak is a Turkish tattoo artist who has become world famous for mastering the trend. "I used to do cross stitch on canvas and cloth at home and decided to do tattoos out of it," she tells us, adding that she first tried it out on friends and then got hooked on it.

"It's an anchor back to a lot of people's childhoods. That's why I believe it gets noticed," she says. But before you decide to get one, Karabudak says you have to do your research. "Not all images or ideas can be applied to a cross stitch design. It all starts with a thought, and that should be carefully studied before going into design."

Nicole May, 38, is a tattoo artist at Tiki Town Tattoos in Calgary and says she definitely has seen cross stitch tattoos becoming increasingly popular. "I see a lot of subversive cross stitch on Etsy and I feel like it is something a lot of young people are picking up as a hobby. Cross stitch tattoos have become popular along with the general trend of cross stitch," she says.

If you want to get a cross stitch tattoo, her biggest tip is to find an artist who actually cross stitches as a hobby. "They'll have a better understanding of design layout and execution," May says.

3 CROSS STITCH INKED WEARERS

"I own a cross stitch business called Hatch605. I manage a modern makers gift store, so I am around makers all day. When people see my tattoo, I typically get reactions from older generations because it evokes a nostalgic feeling. To me, it's a way to help keep traditional art alive."
Name: Ashley Rieck
Age: 31
Occupation: Manager of Unglued in South Dakota

"A fellow tattoo artist and I wanted to figure out how to do a cross stitch tattoo. We are both very crafty with crocheting and cross stitching, so it just made sense. It's challenging to tattoo and we wanted to experiment, so I let her try it out on me!"
Name: Crystal Balser
Age: 35
Occupation: Owner of MOD Tattoo in Ottawa, a completely vegan studio

"I love to cross stitch. I have a small home business where I custom cross stitch family portraits. On all the portraits I include a red heart that floats over the family. It's my signature. People find my tattoo very unique. The most reoccurring compliment I get is how much it suits me."
Name: Brittany Wiebe
Age: 28
Occupation: Homemaker/cross stitcher

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Author Ernest Hemingway and his wife Pauline Pfeiffer arrive in New York aboard an ocean liner in 1934, following a three-month vacation in eastern Africa hunting lions. AP/FILE PHOTO

Big-game tale gets reissued

GREEN HILLS OF AFRICA

Hemingway's family urges fresh look at primal thriller

Eighty years after the release of Green Hills of Africa, the son and grandson of Ernest Hemingway are urging a fresh look at a work critics have often set aside.

Published in 1935, Green Hills of Africa was Hemingway's account of a hunting safari on the Serengeti Plains, a chronicle of adventure and a literary challenge Hemingway set up for himself. Anticipating by decades Truman Capote's "non-fiction novel," the classic In Cold Blood, Hemingway wanted to prove that "an absolutely true book" can "compete with a work of the imagination."

The new edition is part of a series authorized by the Hemingway estate that already includes reissues of A Moveable Feast, The Sun Also Rises and A Farewell to Arms. Grandson Sean Hemingway contributes an introduction, while son Patrick Hemingway, a boy at the time his parents were in Africa, shares personal memories. The book also includes photographs, early drafts of the finished narrative and a diary kept by the author's then wife, Pauline Pfeiffer.

"She's not a person who's well known, so it's wonderful to have a sustained piece of writing by her," Sean Hemingway said recently of his grandmother, the second of Ernest Hemingway's four wives. "It's also a wonderful complement to my grandfather's work."

As Pfeiffer's diaries reveal, Green Hills of Africa was not entirely factual. The author rearranged some chronology and minimized a bout of dysentery so severe that he had to be flown out of the area. Pfeiffer's journal also describes a near-tragedy — the author's rifle fell off a car and fired — that inspired Hemingway's classic short story The Short Happy Life of Francis Macomber, in which the title character is killed by a sudden blast from his wife's gun.

In the decade before Green Hills of Africa, the story collection In Our Time and the novels The Sun Also Rises and A Farewell to Arms had made Hemingway one of the world's most famous authors. Critics have viewed Green Hills of Africa, written while he was in his mid-30s, as an early sign of his legend overtaking his work. Edmund Wilson, who had been a leading champion of Hemingway, despaired that the author in his non-fiction persona had become a bloated parody, Ernest Hemingway, the Old Master of Key West.

"Something dreadful seems to happen to Hemingway as soon as he begins to write in the first person," Wilson wrote. "Among his creations, he is certainly his own worst-drawn character, and he is his own worst commentator. His very prose style goes to pot."

More recently, Green Hills of Africa has been criticized for its detailed catalogue of animal slaughter and for its reduction of Africa and Africans to backdrops for the author's personal experiences. THE ASSOCIATED PRESS

JOURNEY

Escape from slavery, pain and starvation

Here in the West, it's easy to take freedom for granted. But Eunsun Kim, a North Korean refugee, wakes up every day thanking God she is, finally, a free woman. When she was just 11 years old, Kim, her mother and sister started a journey to escape totalitarian North Korea. It took them nine years to find safety.

Kim's memoir, A Thousand Miles To Freedom is her powerful and shocking account.

When Kim was a child, her family was affected by the famine taking place in North Korea at the time. After her father died of starvation, her mom decided they should leave home, even though they had to live on the streets. "We slept anywhere we could, under bridges or market display stalls," Kim tells us. "We usually ate 'speed cake,' which is a mixture of water and cornmeal. It only takes two minutes to make and just a little bit makes you feel full."

After making it out of North Korea and into China, a seemingly nice woman offered them shelter. She suggested Kim's mother marry a Chinese man to have legal residency. Not seeing an alternative, she agreed even though the man was a stranger and hideous looking. They did not know the woman was offered money from the man, essentially selling the women as slaves.

Though they now had food and shelter, they were treated badly by Kim's mother's new husband. He berated her until she became pregnant with his son. Eventually, the three women left and escaped to South Korea, where they live today.

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ROMANCE

Jonas deflects dating rumours

IN HOLLYWOOD

Ned Ehrbar

Nick Jonas is getting pretty good at deflecting dating rumours — but then given his romantic history, that's not surprising.

The latest speculation hounding the former Disney star? That he's spending time with Selena Gomez. When pressed on the subject during an interview with London's Capital FM, Jonas sets the record straight: "We kind of ran into each other a couple of weeks ago, like walking in Venice," he says. "We were both with separate groups of friends and we ran into each other."

Seems innocent enough. Anything else, Nick? "I put a dinner together with a bunch of really great people, like the Haim girls, who I love. They're awesome. They're the best," Jonas says.

"It was a big group of people and we all had a great time. We connect in that sense. It was nice to connect and just catch up. I'll leave it there." Oh my God, guys. Nick Jonas is dating all of his friends at once!

metroGOSSIP MUST READ

Theron denies she's set to star in Fifty Shades sequel, Fifty Shades Darker. ALL PHOTOS GETTY IMAGES

Theron's red carpet domination

MOVIES

Rumours have Theron cracking the whip in a Fifty Shades sequel

So apparently there's been a pretty persistent rumour that Oscar-winner Charlize Theron is going to star in the Fifty Shades of Grey sequel, Fifty Shades Darker, as Christian Grey's former lover who first schooled him in the kinky arts.

Ridiculous? Well, Theron herself certainly seems to think so. "I hadn't heard that one. Wow, I'm just learning so much about myself on this carpet tonight," she told E! News at the Dark Places premiere this week.

Even if she were involved, she'd apparently be more interested in replacing Jamie Dornan, anyway. "I'm going to play the kinky guy with the room," she joked. "I need to stretch. I need to find something outside the box."

OK, fine, but speaking of sequels, how about a Mad Max: Fury Road followup?

"Nobody has come to tell me anything. I haven't been in town, so I don't know what's going on. There's a lot of talk about it. I don't know if it's real," she said. "Look, I would be honoured to be asked back, but I have no idea what's going to happen."

NED EHRBAR/FOR METRO

ROMANCE

Swank's love game

There's some joke in here about always fraternizing with the help. Oscar-winner Hilary Swank — who previously dated her talent agent — has reportedly now taken up with her "hunky" tennis coach, Ruben Torres.

"When he first asked her out, she was lukewarm, but after a couple of dates things just got hotter and hotter," a source tells Life & Style. "It's really hard for them to keep it a secret."

Not that they haven't been trying, mind you, as the source says that over the course of their three months together they've been "staying away from PDA and only holding hands under the table."

Well, so much for that.

NED EHRBAR/FOR METRO

LOVE AND SEXISM IN HOLLYWOOD

Thompson's sexism update

She may be an Oscar-winning screenwriter, but actress Emma Thompson is keeping her language simple — and salty — when it comes to Hollywood sexism.

"I am not impressed at all. I think it's still completely s—, actually," she tells the Radio Times. "When I was younger, I really did think we were on our way to a better world, and when I look at it now, it is in a worse state than I have known it — particularly for women — and I find that very disturbing and sad. I don't think there's any appreciable improvement and I think that, for women, the question of how they are supposed to look is worse than it was even when I was young." NED EHRBAR/FOR METRO

Shelton and Lambert make divorce Twitter-official

In these plugged-in modern times, how do you really know a celebrity couple's marriage is over? It's not the joint statement announcing a divorce.

No, it's how they interact with each other on social media. And if that's any indication, then Blake Shelton and Miranda Lambert are really, truly over. Lambert swapped out a red carpet photo of the pair on her Twitter profile in favour of one promoting her current tour, while Shelton replaced his background image — Lambert's Marie Clare cover — with one of him performing. There's no turning back now.

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Miranda Lambert and Blake Shelton are really, truly done.

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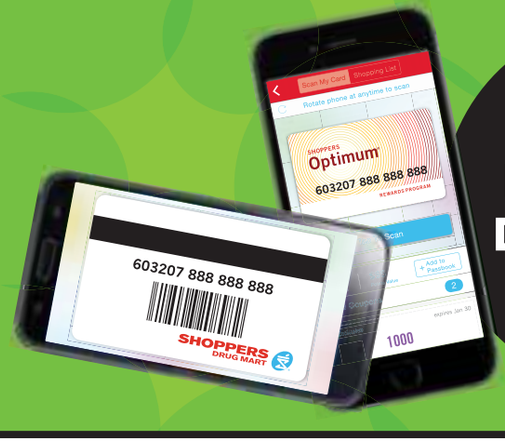

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metro HOME
Your essential daily news

Fully functional 3D-printed office building coming to Dubai

What they're a$king

New condos that aren't in pre-construction and are ready to move in are perfect for buyers who don't want to purchase from plans and wait three years for completion. Metro looks at two-bedroom suites in newer condominium buildings in central locations.

Duncan McAllister FOR METRO

OUR CITY

$224,900

Winnipeg

For sale is a three-year-old condo at a great price at 103 - 215 Greenway Cres., in the Crestview neighbourhood. The unit features in-suite laundry and a luxury kitchen with all the appliances included. There's also a low-maintenance yard and private balcony. Included are all blinds, washer, dryer, dishwasher, refrigerator, stove, and a parking pad. The building is located close to shopping, restaurants and bus service. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-318-6794.

$379,900

Edmonton

Here's a nice looking building by a reputable builder, in the Alta Vista condominiums. The foyer has a cozy sitting area with box ceiling features and stone and tile accents. The unit is finished with hardwood, tile and granite countertops. The U-shaped kitchen has stainless appliances, tiled back splash, and an extended breakfast bar. One bedroom has direct access to a patio, the other with a four-piece ensuite. Ryan P. Dutka is a sales representative with Re/Max River City. 780-988-0001.

$649,900

Toronto

This spacious suite in the Bohemian Embassy condos boasts 1,165 sq. ft. of space and a 100-sq.-ft. terrace with southern exposure. With transit at the doorstep, the building offers a roster of amenities including visitor parking, concierge service, a gym, media room, two party rooms, a rooftop barbecue area, arts and crafts room, bicycle storage and steam rooms. Appliances, parking and locker are all included. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

$628,800

Calgary

This northwest corner suite is located in the Arriva Towers in the historic Victoria Park community. The unit features an open floor plan with city skyline views, two balconies, two bathrooms, two parking stalls and a separate storage locker. The spacious kitchen has stainless Miele appliances and an open living and dining room. The building is close to shopping, restaurants and the river path system. Kelly P. Burke is a sales representative for Re/Max House of Real Estate, 403-287-3880.

$259,900

Halifax

This suite is for sale at The Tides of Bedford condominiums. While not right in Halifax, this two-bedroom, two-bathroom condo resides in the heart of Bedford. It has a bright, spacious floor plan with southern exposure and views of the Bedford Basin. The building offers underground parking, a fitness centre, sauna, outdoor pool, guest suite, library and a common room. Condo fees include heat, hot water, parking and storage. Listing agent is Ernie Buote with Domus Realty, 902-499-3041.

$539,000

Vancouver

This 715-sq.-ft. suite is ready to move in at The Mark condominiums, conveniently located near the Seawall and Yaletown's popular shopping, dining and entertainment options. The unit includes in-suite laundry and one parking space. The building is newly completed, featuring an open-concept living and dining area, engineered oak hardwood floors, granite countertops, stainless steel appliances and concierge service. Listing agent is Jimmy H. Cheung with Sutton Group West Coast Realty, 604-612-9230.

$745,000

Ottawa

This bright, spacious suite at the Claridge Plaza condos is located near the Byward Market in the heart of downtown. The unit has a 750-sq.-ft., professionally landscaped terrace complete with gazebo and computerized watering system. Listing agent David Bournes says it's like a garden in the sky. The suite has plenty of windows and a spacious master retreat with private ensuite and balcony. Bournes is a sales representative with Royal LePage Team Realty, 613-725-1171.

TIPS

Beating the heat without AC

As summer temperatures — and utility bills — rise, there are some easy ways to keep cool that are cheaper and greener than air conditioning.

The Haiku ceiling fan by Big Ass Fans is recognized by Energy Star as the top-ranked fan in energy efficiency. THE ASSOCIATED PRESS

Cooling curtains

Pull down shades or draw curtains on windows facing south, east and west during the day, says Con Edison, which provides power to New York City. About 40 per cent of unwanted heat comes in through the windows. Even if air conditioning is needed later in the day, drawing the curtains earlier means you can use less of it.

Get in the flow

When temperatures fall below 21 C, the Natural Resources Defence Council recommends turning off the air conditioner and opening the windows instead.

Abigail Daken, cooling products manager for Washington, D.C.-based Energy Star says in climates with low to moderate humidity, where it's cold in the evening, a "whole-house" fan to help draw cool air in through windows and force hot air out through upstairs vents is helpful. Energy Star is an Environmental Protection Agency program that helps people save money and protect the climate through energy efficiency.

"A cheaper version is to open the windows and use the bathroom fan for exhaust, especially if there's no cross breeze," she said.

Light smart

Use energy-saving LED bulbs inside ceiling fans. They use five times less energy than incandescents and don't give off as much heat, says Meg Watner, of the Natural Resources Defence Council.

Turn on appliances at night

Reduce the use of household appliances when temperatures climb. Summer is a great time to opt for outdoor grilling and foods that don't require cooking. Washers, dryers and dishwashers should be used at night, when temperatures are cooler, Con Edison says.

THE ASSOCIATED PRESS

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Take a cue from the Golden Girls

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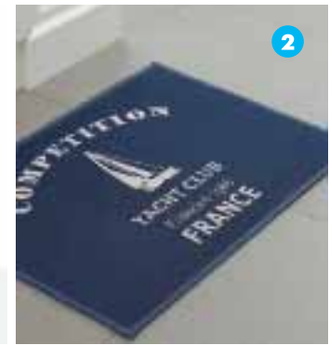
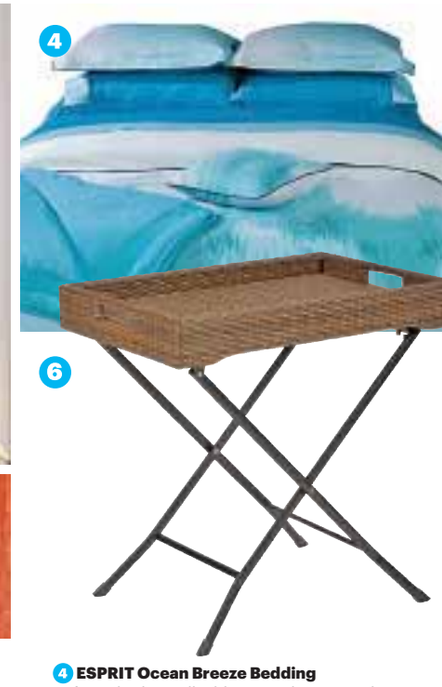
Karl Lohnes

Decorate with cool colours, fresh white and nautical themes to help prolong our short Canadian summer.

Within two months summer will be gone. Alberta may see snow flurries in the air, Nova Scotia will say goodbye to the sun and the rest of us will be dry cleaning our winter jackets in preparation for the long winter ahead. Why not make the inside of your home a celebration of summer that lasts all year long? Perhaps a guest or bath room could hold the theme of summer (without affecting the rest of your decor); or you choose to decorate like the Golden Girls and explode the tropics everywhere — a great decorating scheme to grow into retirement!





1 Summer Breeze Room Diffuser
Keep the ocean breeze in your home throughout the year with a natural room diffuser — made in beach-clad Australia. $18, Simons.ca

2 Yacht Club Rug
Welcome your sailor out of the shower with a reminder of summer fun on the water. $19, Simons.ca

3 Bruce Brown Films Endless Summer 50th Anniversary Edition Poster
Celebrate with on-trend colours from the beach. $40, UrbanOutfitters.com

4 ESPRIT Ocean Breeze Bedding
Soft washed metallic blues overlap to emulate the ocean wash. From $40, TheBay.com

5 Hand Woven Silky Aurora Pink Wool/Silk Kilim
Watch the colours of the summer sun as it sets underfoot. 6'x9', $384, ECarpetGallery.com

6 Stratford Wicker Butler Tray
From a serving tray on the balcony to a towel stand in the bath this butler works year round. $130, BedBathAndBeyond.ca

metro SPORTS
Your essential daily news

HBO says it has struck a multi-year, multi-platform deal with former Grantland boss Bill Simmons

Skyrocketing to the top

PAN AM 2015

Canadians win in water-skiing, wakeboarding, road cycling

Canada won three more gold medals in Wednesday's early competition at the Pan American Games.

Whitney McClintock won the women's water-skiing competition, Rusty Malinoski was victorious in men's wakeboarding, and Hugo Houle finished first in the men's road cycling individual time trial.

Whitney McClintock THE CANADIAN PRESS

McClintock finished ahead of American Regina Jaquess and Mexico's Carolina Chapoy in the women's water ski.

The native of Cambridge, Ont., took the lead after earning 8,370 points in the tricks event following a disappointing slalom run.

"It's a complete shocker to me, actually," McClintock said. "Today is not the way I planned it to go. Not even a little bit. It seems like on any other given day that would have not won you a gold medal.

"It's one of those hard things to celebrate, but a gold medal is a gold medal."

Hugo Houle THE CANADIAN PRESS

Jarret Llewellyn of Innisfail, Alta., added a silver in the men's overall.

With a score of 89.11, Malinoski finished ahead of American Daniel Powers and Venezuela's Juan Mendez.

The native of Humboldt, Sask., was a favourite to win the wakeboarding competition and did not disappoint. He appeared relaxed on the water, pumping his fist and egging on the crowd to cheer louder in his final pass.

"I was favourite to win and I didn't want to let anyone down," he said. "I acted like I had it in the bag, but I was definitely nervous and I didn't want to screw up."

Houle, of Ste-Perpetue, Que., finished the 37-kilometre time trial in 45 minutes, 13.4 seconds.

"You never know until you start how you're going to feel but today on the first lap, I had to control myself to not go too hard because my body wanted to go," said Houle.

"Today I had the best ride of my life for sure."

Mexico's Ignatio Prada was second, 1:17.87 back of Houle, while Sean MacKinnon of Hamilton, Ont., took bronze. Vancouver's Jasmin Glaesser won silver in the 19.5-kilometre women's individual time trial in 27:01.31.

Also, Calgary's Alanna Goldie won a bronze medal in women's fencing after a 15-3 loss in the semi-finals to S. van Erven Garcia of Colombia. THE CANADIAN PRESS

Canada's Rusty Malinoski catapulted to victory in men's wakeboarding at the Pan Am Games in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

De Grasse holds off field in 100-metre final

Andre De Grasse FRANK GUNN/THE CANADIAN PRESS

Canadian sprint phenom Andre De Grasse has won gold in the 100 metres at the Pan American Games.

The 20-year-old from Markham, Ont., crossed in 10.05 seconds, narrowly beating Ramon Gittens of Barbados, who finished in 10.07.

Earlier in the night, Canada's Melissa Bishop won gold in the women's 800 metres. The 26-year-old from Eganville, Ont., ran to victory in one minute 59.62 seconds.

Toronto's Sarah Wells added a silver in the women's 400 hurdles.

De Grasse, who is coming off a remarkable performance that saw him win both the 100 and 200 at the NCAA championships, stepped up to the blocks to a huge roar from the packed 9,300-seat stadium at York University.

10.05

De Grasse's winning time in the 100 metres

Also Wednesday, Canadian decathlete Damian Warner put himself on pace to break Michael Smith's Canadian record that has stood for 19 years.

The 25-year-old from London, Ont., takes a personal best score of 4460 into Thursday.

The world championship bronze medallist opened with personal bests of 10.28 seconds in the 100 metres and 7.68 metres in the long jump.

He threw 14.36 in the shot put, the event that derailed his performance in May at the prestigious Hypo Meeting when he faulted on all three of his throws.

Damian Warner GETTY IMAGES FILE

He then cleared 1.97 metres in the high jump — his best is 2.07 — and capped the night by winning the 400 metres in 47.66 seconds. THE CANADIAN PRESS

Gold worth glory, but no more

After the glory fades and the flashing cameras are packed away, once the stadiums are stripped of decor and the masses turn their thoughts from summer athletics, what's a Pan Am Games gold medal worth?

The answer, it seems, is not very much — beyond the glow of victory and hard-fought accomplishment, of course.

"Bottom line is you're never going to get rich," said Richard Powers, a senior lecturer at the University of Toronto's Rotman School of Management and president of Commonwealth Games Canada.

"Is the Pan Am Games a road to gold? Probably not, unless it's part of the path to an Olympic medal ... I'm not aware of any Pan Am-only athlete obtaining a significant sponsorship opportunity."

$80

The gold from a single medal would net about $80 US when melted on a good day.

In other words, Wheaties isn't going to toss the top trampolinist on its cereal box anytime soon. And that global deal with a top purveyor of sugary drinks? Forget about it.

The Pan Am Games simply doesn't provide the type of exposure and worldwide appeal the sponsors with the big bucks are willing to throw cash at, explained Brian Cooper, president of S&E Sponsorship in Toronto.

"It's great to have as an athlete and to build your resumé going for your Olympic gold," Cooper said. "But to be honest with you, the Pan Am gold doesn't really carry a lot ... When the win is one that is sort of limited and not global, in a niche sport against a smaller field, there's less value."

"There's not enough there that a company would take, or invest a significant amount, or think that their product would benefit that greatly from a Pan Am gold." TORSTAR NEWS SERVICE

Despite blues, Bombers can compete in Wild West

CFL

Breaking down Winnipeg's chances of division success

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

After three straight seasons of viewing the postseason on TV, the Winnipeg Blue Bombers came into 2015 looking to make a big step forward.

So far the results have been mixed, and the Bombers sit at 2-2 on the season after their heartbreaking one-point loss to the defending Grey Cup champion Stampeders last Saturday in Calgary.

Mike O'Shea surely has a bad taste in his mouth after last week. In a game that was there for the taking, an early 16-point lead evaporated due to turnovers and special teams gaffes, among other miscues. These things will happen in a long season, especially early on for a team with so much player turnover. But despite the loss, the Bombers seem improved after four weeks from where they finished in 2014 and look like they can compete with any team in the CFL.

But what about the teams around them? Looking beyond the standings through four weeks of the CFL regular season, the West division picture is about as clear as mud.

Calgary: The Stamps sit atop the division at 3-1, which shouldn't surprise anyone. They have the horses and the experience, but after Houdini-like escapes in Week 1 against Hamilton and Week 4 against Winnipeg, are they really as good as everybody thought? Probably — despite major injuries on their offensive line, Calgary should be at or near the top of the division this season.

Edmonton: The Eskimos are 2-1 heading into this weekend when they host the Bombers. This sounds pretty good until you realize that their two wins are over the Ottawa Redblacks, who finished 2014 at 2-16. Star QB Mike Reilly was lost for 12 weeks in the season opener, but their defence remains among the best in the league. Saturday's game versus the Bombers will be a major litmus test for both teams.

B.C.: The 2-1 Lions stumbled out of the gate after a bye in week one, faceplanting in Ottawa and losing their season opener before rebounding with back-to-back wins over Saskatchewan. After the Ottawa loss, I wondered if this would be a lost season for the Leos under new head coach Jeff Tedford, but it is obvious the talent is still there in B.C. The next two games versus Toronto and at Winnipeg should tell us much more about who the Lions are in 2015.

Saskatchewan: Saving the worst for last, I give you the 0-4 Riders. The record looks terrible, and it is. Irate fans are flooding call-in shows in Saskatchewan demanding changes and someone to be fired. But it's not like the team has not been in their games. The Riders have lost their four games (two in overtime) by a total of 12 points. I have a hard time seeing this pattern continuing, but for the time being, enjoy it, Bomber fans.

It's still early but all signs point to a season long dogfight for playoff spots in the West, and most importantly, an exciting season for CFL fans.

Drew Willy was 22-for-27 for 289 yards passing with two touchdowns tosses in the Blue Bombers' 26-25 in Calgary last Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

WEEK 5 PICK

Blue Bombers at Eskimos, Saturday, 6p.m.

Winnipeg (2-2) dropped a heartbreaking 26-25 decision to Calgary as kicker Lirim Hajrullahu missed two-of-three field goal tries, including from 52 yards out late that would've given the Bombers the lead. While Bell was solid running the football against Ottawa, Kendial Lawrence had four catches for a game-high 92 yards for Edmonton (2-1).

Pick — Edmonton

THE CANADIAN PRESS

TOUR DE FRANCE

Alpines shake things up

The speedometer clocked between 50 and 60 kilometres an hour as the pine trees whipped by, and the riders leaned left to right and back again to negotiate the snaking, bumpy descent.

Winning the Tour de France isn't only about having the ability to get uphill fast. You've got to have nerves of steel going downhill, too.

Chris Froome proved Wednesday that he's got both.

The 30-year-old Briton retained the leader's yellow jersey as the Tour sped toward its crescendo in the Alps.

The 17th stage included a harrowing 16-kilometre descent that dealt perhaps the final blow to Alberto Contador's distant hope of a third Tour victory and doused the ambitions of promising French rider Thibaut Pinot for a stage win. They both lost time after hitting the asphalt on the way down from the treacherous Allos Pass.

Germany's Simon Geschke won the stage by surging out of a breakaway bunch and keeping at bay Andrew Talansky of the U.S., who was second, by 32 seconds at the end of the 161-kilometre ride from Digne-Les-Bains to Pra Loup ski resort.

Fellow American Tejay van Garderen, who was third overall as the stage began, pulled out of the race with a headache and a lack of energy after fighting a respiratory infection for several days.

"It almost feels like I just want to disappear right now," said a despondent Van Garderen. "It was hard to look my teammates in the eyes (and) it was hard to call my wife and explain to her what was going on." THE ASSOCIATED PRESS

American Tejay van Garderen pulled out of the Tour de France with a respiratory infection. GETTY IMAGES

NBA

New Lakers excited despite quiet Kobe

Roy Hibbert, Lou Williams and Brandon Bass all say they joined the Los Angeles Lakers for a fresh start.

They're also looking forward to playing with Kobe Bryant after they get a chance to talk to him.

Hibbert is eager to revitalize his career in Los Angeles after seven seasons with the Indiana Pacers. The seven-foot-two former all-star is determined to return to dominant defensive form after a perceived down season.

Lou Williams GETTY IMAGES

Williams believes there will be plenty of shots to go around when he plays with Bryant and Nick Young. The Sixth Man of the Year is willing to play any role to help the Lakers, who are coming off the worst season in franchise history.

None of the newcomers has spoken with Bryant yet.

THE ASSOCIATED PRESS

NBA IN BRIEF

Division title might not guarantee playoffs: Silver

An NBA division title might soon mean a banner but no assurance of a playoff spot.

Commissioner Adam Silver said Wednesday the league is leaning toward not guaranteeing a post-season berth to a team that wins its division.

Silver had already said he expected a change from the current format that guarantees division winners no worse than the No. 4 seed.

THE ASSOCIATED PRESS

MLB

Depth guys help hurting Nationals

The banged-up Washington Nationals have been relying on their bench players to help keep them atop the NL East.

Danny Espinosa and Michael Taylor were the latest fill-ins to come through.

Taylor had a tying two-out, two-run single in the eighth inning, Espinosa followed with an RBI double and the Nationals rallied from three runs down to beat the New York Mets 4-3 on Wednesday.

"We trust everybody that's on this team," Espinosa said. "There wasn't any panic there. (We) root for the next guy and keep on grinding."

Already minus four everyday players and right-hander Stephen Strasburg, Washington lost third baseman Yunel Escobar to an apparent left hand or wrist injury during his at-bat in the second inning. X-rays were negative, but Escobar will have further tests.

THE ASSOCIATED PRESS

RECIPE Peach and Dried Cranberry Crisp Skillet

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 7 ripe peaches (skin on), cut into 1/2 slices
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1⁄3 cup dried cranberries
- 2 Tbsp cornstarch
- 1 1/2 tsp cinnamon, divided
- 2 Tbsp lemon juice
- 3/4 cup all-purpose flour
- 2/3 cup brown sugar
- 3/4 cup large rolled oats
- 1/3 cup chopped toasted almonds
- 1/3 cup vegetable oil
- 2 Tbsp water

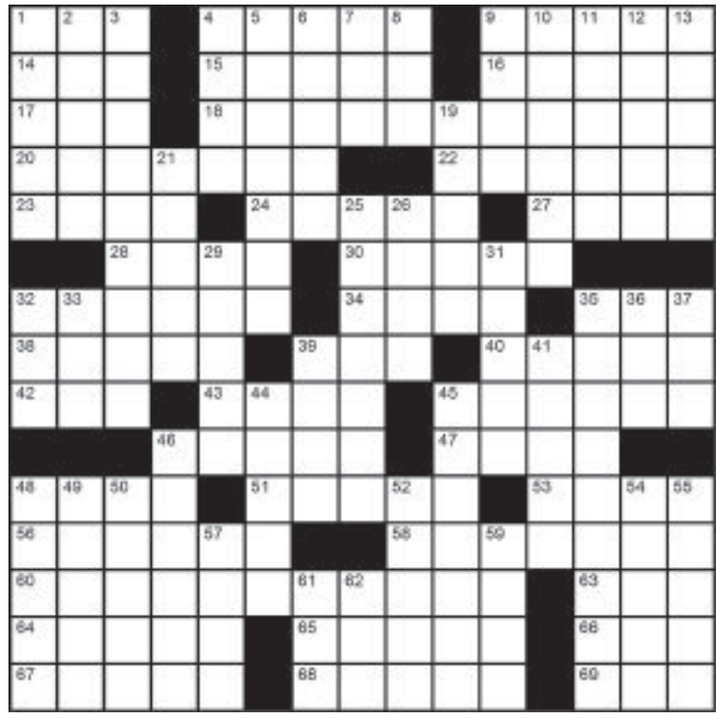
Directions
1. Preheat the oven to 375 F. Lightly coat a 10-inch oven-proof skillet with cooking spray.
2. In a bowl, stir together peaches, granulated sugar, 1/3 cup brown sugar, dried cranberries, cornstarch, 1 tsp cinnamon and lemon juice. Place in the skillet.
3. In another bowl, stir together the flour, 2/3 cup brown sugar, oats, almonds, oil, water and remaining cinnamon and mix until the mixture is crumbly. Sprinkle over the peaches.
4. Place the pan in the centre of the oven and bake for 25 to 30 minutes until the crisp is golden and peaches are just tender.

Nutrition per serving
- Calories 246
- Carbohydrates 42.5 g
- Fibre 2.6 g
- Total fat 8.2 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Owns
4. Ms. Fisher, and others
9. Capital of Ghana
14. Noah's boat
15. Ruffle, as an '80s hairstyle
16. Rock drill
17. 1982's version for Rocky
18. July 23rd to July 26th, 2015: Nanaimo Marine Festival and World Championship __ __ (Splish! Splash!)
20. Engine-of-a-car part: 2 wds.
22. Human
23. 'A' in AD
24. "__ __ Love": 1959 hit for Phil Phillips with The Twilights
27. Fails to be
28. Cartoon bear
30. Investigate
32. New
34. Catherine __ (Henry VIII's sixth/last wife)
35. Mr. McLean's of the Backstreet Boys
38. Egypt's capital
39. __ Antonio, Texas
40. Arctic abode
42. Web connector, briefly
43. Banned orchard spray
45. Condescends
46. Entrap
47. Consequently
48. Drift through the air
51. Rice dish
53. Ms. Jasper, Aboriginal singer/songwriter from Chilliwack, British Columbia
56. Shoelace tips
58. Ornamental music/architecture style
60. Hotel guest's request: 2 wds.
63. 'Press' suffix
64. Movie category
65. Helped
66. Lithium-__ battery
67. Ancient companion for Dionysus
68. Shortages
69. US intelligence org.

DOWN
1. Seaport of Israel
2. 'Parliament' suffix
3. Swim sans swimsuit
4. "Let __ __" by The Beatles
5. Contains the food container's freshness: 2 wds.
6. Coffee order
7. Volcanic residue
8. Arrange
9. Superior at a French monastery
10. British 'Street' soap opera, to fans
11. Unrefined
12. Military mission, e.g.
13. "__ you the clever one!"
19. __ __ the challenge (Ready to take things on)
21. Unimpressed audience member, perhaps
25. Clothing
26. Port city of Algeria
29. 'Punny' joke reaction
31. Nova Scotia island in the area of the Gulf of Maine and Bay of Fundy
32. Nero's 1101
33. '_' __ in Ottawa
35. Provincial park in Ontario since 1893
36. Comedian Mr. Stewart
37. Help!
39. Draped dress
41. Topo __, puppet on "The Ed Sullivan Show"
44. Expire
45. Vandalized, in a way
46. Like the 'handle' of a bouquet
48. Hospital sections
49. Ancient marketplace
50. Parade route display
52. __ by the rules
54. Overseas moneys
55. Suffering wife in Edith Wharton's 1911 novel Ethan Frome
57. Bygone sovereign
59. Some Smarties
61. Sprinted
62. Try

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The sun enters the sympathetic sign of Leo today, marking the start of one of the busiest and most enjoyable times of the year. Make every minute count.

Taurus April 21 - May 21
You feel out of touch with what is going on around you. Others seem to be enthralled by events that mean nothing to you. Go your own way and do your own thing — you will be better off for it.

Gemini May 22 - June 21
You will find it difficult to keep your nose out of other people's business today. The sun's change of signs brings to the fore the inquisitive side of your nature.

Cancer June 22 - July 23
Money matters will be of even more importance than usual for the next few weeks. The planets indicate there is a lot at stake financially, so do whatever it takes to maximize profits and minimize your losses.

Leo July 24 - Aug. 23
The sun and Mercury move into your birth sign today, making this the ideal time to begin something new. You have done lots of thinking and soul searching in recent weeks. Now you can apply what you have learnt about yourself.

Virgo Aug. 24 - Sept. 23
You have got to stop taking each and every thing that happens personally. The world is for you, not against you.

Libra Sept. 24 - Oct. 23
Some people have been rather critical of you in recent weeks but over the next few days you will be able to show that you were right and they were wrong.

Scorpio Oct. 24 - Nov. 22
You may say that you don't care for status and recognition but with the sun and Mercury moving into the career area of your chart today it will be thrust upon you. You make a better leader than most.

Sagittarius Nov. 23 - Dec. 21
Something that meant nothing to you in the past now means everything to you. Some may think you have taken leave of your senses but most likely you've found them at last.

Capricorn Dec. 22 - Jan. 20
Today you will find yourself thinking more deeply about who you are and what you should be doing with your life. The answers you reach may surprise you.

Aquarius Jan. 21 - Feb. 19
If you want to succeed, you must co-operate. Stop looking for ways to one up your rivals. Look for ways you can help each other instead. There is safety in numbers, and profit too.

Pisces
Feb. 20 - March 20
At least one of your habits needs to be looked at and, if negative, transformed into something more positive. At work, try to unchain yourself from the same old routines.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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This summer break, we're peeling ourselves off the sofa and exploring all the cool things you can do in Manitoba. Every day on social media, we're showing you the weird, wacky and wild things that we've been up to. We are out of the basement and into the world. Now, maybe it's your turn.

#GOOTB

getoutofthebasement.com

Manitoba
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metro